Toronto abi Network

# Adult Day Services & Groups

- Community Head Injury Resource Services - *Shobha Orlando & Marnie Russell*
- Cota – *Jennie Hawking & Kristen Pirie*
- March of Dimes Canada - *Julie Samson & Elizabeth Faraone*
- Mind Forward (previously PHD ABIS) – *Ashley Budd*
- PACE Independent Living - *Jackie Wilson*
- West Park Healthcare Centre – *Mithika Jegasothy*
- York Simcoe Brain Injury Services, ABI Adult Day Program Mackenzie Health - *Ko Khaira & Alison Lakin*

*Julie Osbelt, Referral Coordinator – Toronto ABI Network*
*Linda Ngan, Project Manager – Toronto ABI Network*

# Referral Process – Adult Day Services & Groups

- ABI Network Referrals include the following agencies:
  - Cota
  - Community Head Injury Resource Services (CHIRS)
  - PACE Independent Living
  - West Park Healthcare Centre
  - March of Dimes
  - The ABI Community Profile referral form can be found on our website http://www.abinetwork.ca/uploads/File/ABI_Community_Profile_Master.pdf
- Apply directly to York Simcoe Brain Injury Services by calling: 905-773-3038 x 6200. The Request for Service can be sent by fax: 905-773-5176
- Apply directly to Mind Forward and the application is available on their website: http://phdabis.org/files/PHDABISApplication.pdf

# Referral Process – Adult Day Services & Groups

- ABI Network Referrals require an ABI diagnosis, medical and rehab documentation.
- Tips:
  - Provide the primary reason/clients goals for your referral
  - Consider where your client lives and if they can access the services requested
  - Referrals for Adult Day Services & Groups do not require a physicians signature and billing number
- Seeking advice about an appropriate referral?
  - 1) Contact Referral Coordinator to discuss 416-340-4800 x8660
  - 2) Review the following ABI Program Description online overview- http://www.abinetwork.ca/uploads/File/Program_Descriptions_Master.pdf

Toronto abi Network

# Community Head Injury Resource Services (CHIRS)

*Marnie Russell*
*Service Coordinator – Adult Day Services*
*&*
*Shobha Orlando*
*Intake Coordinator*

# CHIRS ADULT DAY SERVICES: Introduction

- Highly specialized programming for adults with an ABI
- Serving approximately 300 clients each year
- 30 registered programs each week across City of Toronto
- Drop-In program at CHIRS Head Office
- Special events, theme weeks, workshops, client projects, newsletter

# CHIRS ADULT DAY SERVICES: Registered Programs

## Registered Programs

- Run continuously on a quarterly basis
- Can be roughly grouped into 4 categories:

  **Leadership Building**: Mentorship, Toastmasters
  **Health and Wellness**: walking groups, swim, exercise groups, relaxation, bowling, bocce
  **Creative Arts:** music, cooking, drama and art groups
  **Social:** discussion groups, games, computers

**Special Events**: Annual Picnic, Holiday party, Halloween Dance, outings, joint ventures with other groups

the
FADED

# CHIRS ADULT DAY SERVICES: The Club

## The Drop In (aka The Club)

- At CHIRS Head Office, 62 Finch Ave West
- Open Mon-Fri 8:30-4:30 for all registered CHIRS clients
- Facilitated by client mentors and staff
- Fresh low cost lunch option available for purchase
- Computer/internet, TV, Wii, Games, Karaoke
- Formal and informal programming
- Theme weeks, guest speakers

# CHIRS Mentorship Program

CHIRS Mentorship program is a client volunteer program which offers leadership opportunities

## The CHIRS Mentors:

- Run Drop In/Snack Bar
- Provide 15 Mentor Run Programs/week in the Club
- Make lunch and/or breakfast
- Assist in ADS  Programs and Special Events
- Help staff behind the scenes (e.g. groceries, health & safety)
- Receive training specific to their role
- Are matched to a role based on their skills and interest
- Work as a team for the benefit of the community
- Act as client advisory
- Make the Club "the Place to Be"

# CHIRS Adult Day Services: Admission Criteria

- Have a moderate to severe acquired brain injury
- Be between the ages of 18 and 60 years old when services commence
- Live within CHIRS geographic catchment area (Toronto or York Region), but may waive this criterion if individual is able to travel to CHIRS programs and comparable services are not offered in their area
- Client must be able to participate with group support and be independent for personal care or arrange their own 1:1 support as needed

# CHIRS Adult Day Services

## Fee Structure

- Subsidized
- Fee for Service

## Wait Time

- Generally no wait time if client can attend independently or arrange their own 1:1 support

# How to Refer to CHIRS

- Subsidized clients without third party funding should refer via the Toronto ABI Network

***(A completed ABI Community profile and relevant brain injury medical and consult reports must be included and submitted to the Toronto ABI Network by fax)***

http://www.abinetwork.ca/uploads/File/ABI_Community_Profile_Master.pdf

- Fee-for-service clients with private or third party funding can refer directly to CHIRS

***To request further information about our Adult Day Services, please contact:*** CHIRS intake department at 416-240-8000 or by email at intake@chirs.com

Toronto abi Network

*Jennie Hawking*, *Manager of Community Health Services* & *Kristen Pirie*, *Day Program Facilitator*

# Acquired Brain Injury Adult Day Service

Cota
Inspiring Change

Cota
Inspiring Change

# Acquired Brain Injury Adult Day Service

- Supportive and creative group environments for people to engage in meaningful activities
- Various group sessions are available Monday to Friday
- Each group has a different theme including skills training, recreation, education and peer support
- The times of day vary from group to group, but range from 2- 5 hours a session.
- Groups rotate in 4 month terms (16 weeks)
- A light mid-day meal is provided each day
- Programs and schedule change each term to offer greater choice
- There is no fee to participate!

# ABI Adult Day Services

**April 30, 2018 to August 17, 2018. Call 416-755-2239 ext. 0 to Register**

A light meal or snack will be served to registered group participants daily between 12:00 pm and 1:00 pm at no cost.

## Connect with Others

**Start Me Up** **Mondays 11:00-3:00** **Starts: April 30**

Participants will be encouraged to interact with others by sharing news stories with their peers and engaging in a facilitated group discussion. Enjoy an afternoon of friendly competition by participating in fun trivia games. Participants may bring their own lunch if they wish.

## Exercise

**Let's Get Physical** **Tuesdays 10:00-12:00** **Starts: May 1**

Join us for a variety of fun, light aerobic exercises and activities such as: monthly yoga sessions, fitness videos and Bocce. Anyone at any fitness level can participate. It is suggested that participants consult with a health care practitioner before

***Please speak with a Cota Day Program Facilitator to determine which group is right for you!***

Toronto abi Network

Cota
Inspiring Change

# ABI Adult Day Services

**April 30, 2018 to August 17, 2018. Call 416-755-2239 ext. 0 to Register**

## Drop In

**Knowing Me, Knowing You** **Wednesdays 10:00-3:00** **Starts: May 2**

In this drop-in style social group, participants can spend time building relationships with people they have met in other groups. They will enjoy self-directed activities such as board games, cards or using the computer. Lunch will be served at 12:00 pm, but participants may bring their own lunch if they wish.

## Brain Fitness

**The Brains are a Changin'** **Thursdays 12:30– 3:00** **Starts: May 3**

Participants can arrive at 12:30 pm to enjoy social time with their peers and have a light lunch before the program. Beginning at 1:00 pm participants will experience movement based multi-sensory exercises designed to maximize brain power. They will then engage in memory games, logic puzzles and other activities to practice a variety of cognitive skills.

## Get Active

**Walk This Way** **Fridays 12:30-3:00** **Starts: May 4**

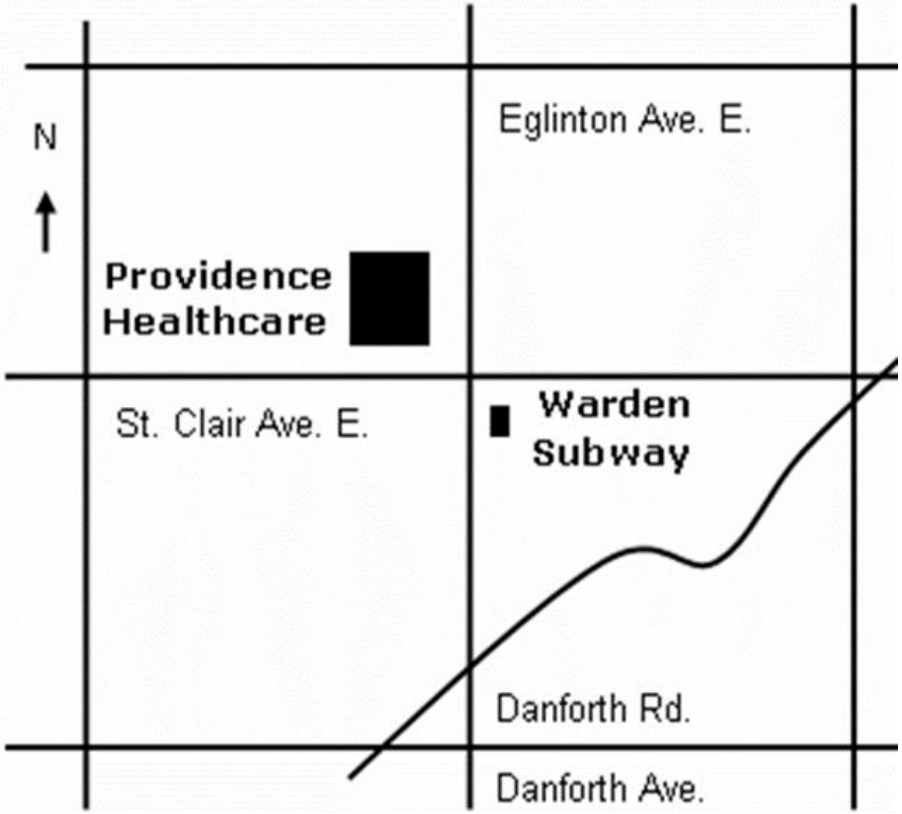
Participants in this "walking group" will increase their stamina and become more active while exploring a different area of the city each week. Staff will provide a light picnic lunch for participants enjoy before engaging in a recreational walk together. Please note: Not all locations the group will visit are wheelchair accessible.

***Please speak with a Cota Day Program Facilitator to determine which group is right for you!***

Toronto abi Network

Cota
Inspiring Change

# Location




## Providence Healthcare

3276 St. Clair Ave. E,

K Wing Door 27

Scarborough, ON M1L 1W1

Contact: 416-755-2239 ext. 0

abiads@cotainspires.ca

Toronto abi Network

Cota
Inspiring Change

# Admission Criteria

- Individuals with an acquired brain injury, ages 16-64
- Living in the GTA
- Able to provide own transportation
- Able to provide own support/attendant for personal assistance needs (ie: help in washroom, help eating)

Toronto abi Network

Cota
Inspiring Change

# Admission Process and Wait Times

- New applicants are given priority when registering for programs
- Maximum wait time 4 months to begin service (1 term)
- Participants are admitted to 1 or 2 weekly programs each term
- Based on the number of new referrals, returning participants may not be admitted to a group every term, or may not be admitted to their preferred group each term.

# How to Refer

- Submit a completed "Community Form" to Toronto ABI Network
- Select Adult Day Service (Providence) on page 2
- Please include medical documentation of ABI diagnosis or minimally, signature of referring physician
- A Facilitator will contact you to schedule an intake interview
- New admissions will receive a schedule for the upcoming term by mail or email one month before the term begins
- Register by notifying a Facilitator of your group choices by the date specified in the flyer
- Participants will be contacted by phone one week before the term begins to confirm registration

Toronto abi Network

Cota
Inspiring Change

# How to Refer

**Please Consider:**

- Will your client be ready to attend in the next four months?
- Distance for your client to travel?

Toronto abi Network

Cota
Inspiring Change

Toronto abi Network

*Julie Samson, Community Support Supervisor &*
*Elizabeth Faraone, Clinical Coordinator*

MARCH OF DIMES CANADA

# ABI Outreach Groups

# ABI Outreach Groups

- Groups are offered throughout York Region and Simcoe County
- These Groups offer a variety of social, recreational and life skills opportunities

# Activities

- Weekly peer support groups
- ABI educational workshops
- Life skills retreats, including those designed for participants ages 16 to 25
- Holiday celebrations
- Picnics
- Supported day and overnight trips
- Variety of speciality groups such as Aphasia and young adult

# Eligibility

- Be 16 years of age or older
- Have a diagnosed acquired brain injury

# Referrals

- Applications are accepted from individuals, professionals, family members or others
- Applications can be found on our website at www.marchofdimes.ca
- Applications can also be made through the Toronto ABI Network
- Call 905-773-7758 for more information or to make a referral

There is currently no wait list for the weekly Groups

Toronto abi Network

MARCH OF DIMES CANADA

# Aphasia and Communication Disabilities Program (ACDP)

# Aphasia and Communication Disabilities Program (ACDP)

- Group programs for adults with **Aphasia** and **acquired communication disorders**

- Ran by: Speech-Language Pathologists
  Communicative Disorder Assistants
  Personal Support Workers
  Volunteers and students

Toronto abi Network

MARCH OF DIMES CANADA

# Mission

We build **communication ramps** in order to:

- Improve communication
- Enhance quality of life
- Support independence
- Provide communicative access
- Encourage participation in community life

# Locations & Times

- Vaughan- Full day program 9am-3:30pm
- Maple- AM (9am-12pm) and PM (12:30pm-3:30pm)
- Stouffville- AM (9am-12pm) and PM (12:30pm-3:30pm)
- Newmarket- AM (9am-12pm) and PM (12:30pm-3:30pm)
- Whitby- AM (9am-12pm) and PM (12:30pm-3:30pm)
- Peterborough- AM (9am-12pm) and PM (12:30pm-3:30pm)

# Eligibility

- Be 18 years of age or older
- Have a valid OHIP number
- Living with Aphasia or other acquired communication disorders due to:
  - Stroke
  - Brain injury
  - Brain illness (i.e. Tumor, Parkinson's Disorder, etc.)

# Referrals

- Who: Professionals, community agencies, family members, supportive friends, self referrals

- How: Through the Toronto ABI Network **OR**

  Download our referral form at www.marchofdimes.ca

- Call 1-800-567-0315 ext. 6272 for more information

***There are currently no wait lists***

Toronto abi Network

MARCH OF DIMES CANADA

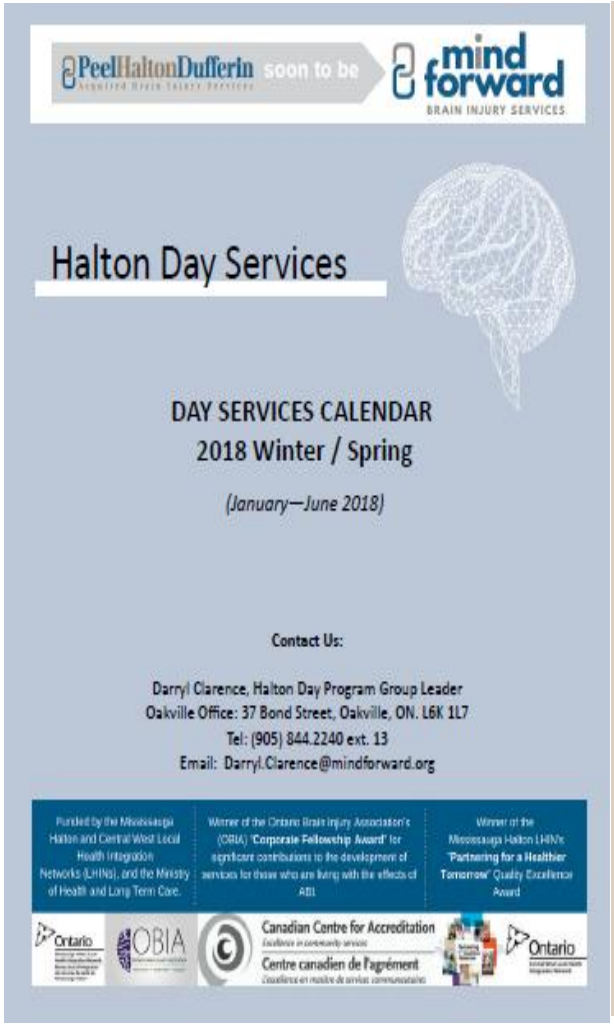
Toronto abi Network

formerly Peel Halton Dufferin
Acquired Brain Injury Services (PHD ABIS)

*Ashley Budd*

# Day Services Calendars

## *Mississauga, Oakville and Central West*



# HEAD OFFICE (MISSISSAUGA) DAY SERVICES

- Established in the early – mid 90's – originally starting out at a small location offering solely Social Club, later moving to a larger space on City Center Drive to accommodate growth, and finally landing at our current location (176 Robert Speck Pkwy.) in 1999
- A variety of offerings including Functional Skill Training, recreational and community based programming
- Psychosocial services are an integral part of Day Services activities, with an emphasis on rehabilitation and training (i.e. life skills) and direct focus on the social determents of health

# HALTON DAY SERVICES (OAKVILLE)

- Originally began as a pilot project in 2016 – offering half day groups in the Community and at Kerr Street Ministries
- Grew to a Full-time Day Services program in the Spring of 2017 with funding from Halton Region and the MH LHIN
- Currently partnering with St. Luke's Community Center and Queen Elizabeth Park to offer a variety of recreational, skill building and social groups (i.e. Woodworking, Social Club, Technology 101, Making a Band, etc.)

# CENTRAL WEST DAY SERVICES (BRAMPTON & ORANGEVILLE)

- Grand Opening in January 2011
- Offering a variety of recreational, Functional Skill Training (FST) and Community based groups
- Central West Day Services provides programming to clients in the town of Orangeville, Caledon and Brampton.
- Currently partnering with Indus Community Services in Brampton (shared space) for 'in-house' group facilitation
- Large community group focus in Brampton (i.e. Mallwalkers, Movies, Bowling, Swim & Social, etc.)

**Orangeville Office**

Indus Community Services

**Satellite Space - Brampton**

# Who should Apply?

**Eligibility Criteria – All Services**

To be eligible for general services, the individual must:

- Have a primary diagnosis of an Acquired Brain Injury (ABI)
- Be 16 years of age and over
- Live or choose to travel to the region of Peel, Halton, or Dufferin County
- Be an active participant in achieving mutually agreed-upon goals
- Be medically stable
- Be free of psychiatric or behavioural symptoms of an order that would preclude the individual from being able to participate in mutually agreed upon goals.

# How To Apply

- Anyone can refer!
- Application is available on our website: http://phdabis.org/files/PHDABISApplication.pdf
- Contact Candice Drury, Clinical Services Manager via phone: 905 949 4411 ext. 250 or via e-mail: Candice.Drury@mindforward.org

Toronto abi Network

PACE
LIVE YOUR LIFE

# ABI Services -
# Day Program Overview

*Jackie Wilson*
Program Manager

# Our Services

Supportive Housing

Day Programs

Community Program

# Day Programs

Our services are available to individuals living with the effects of a mild/moderate brain injury.

**Clients must be:**

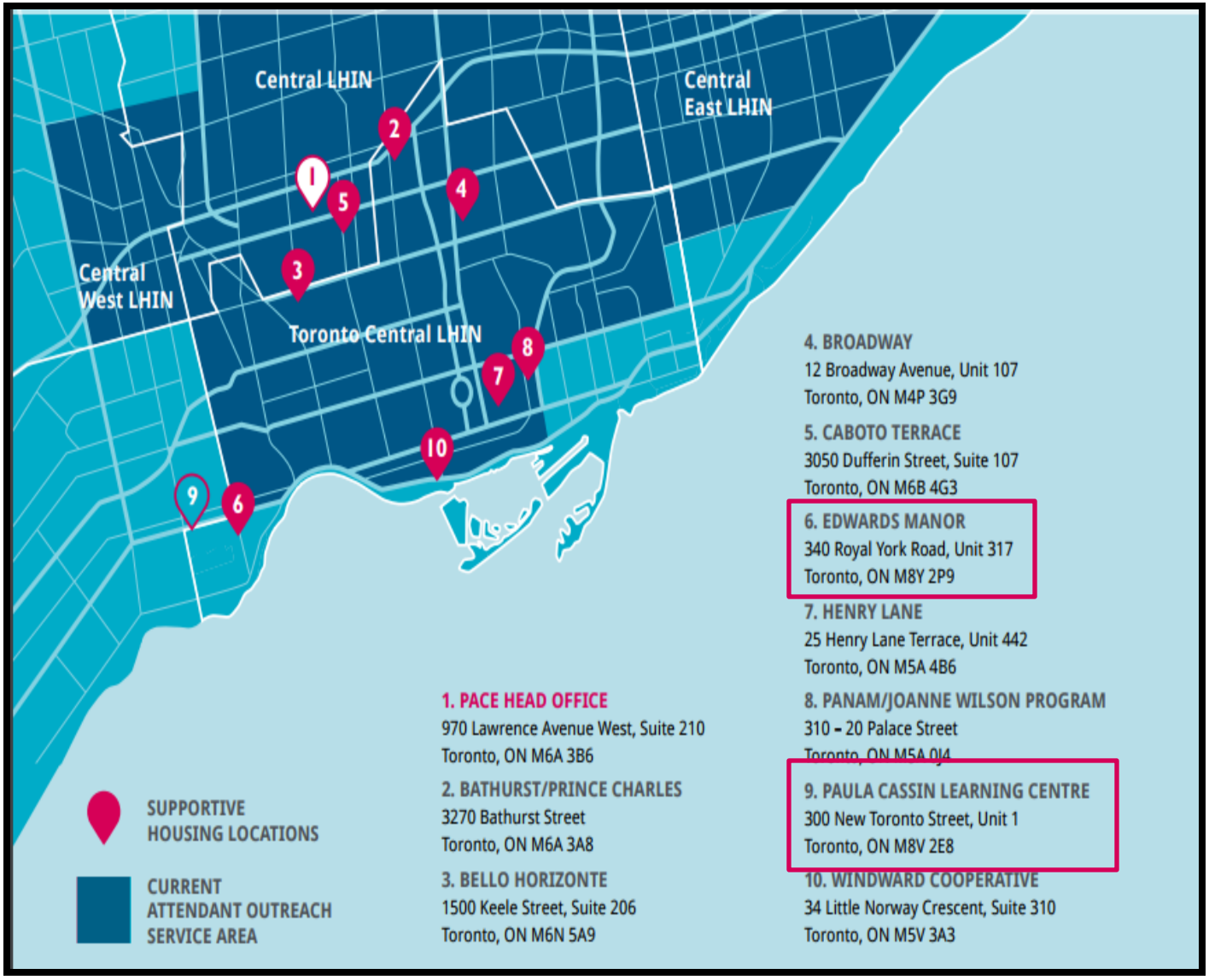
- 18-years of age or over
- Able to learn in a group environment
- Independent for personal support and travel or able to arrange their own 1:1 support

# Day Programs

## THE ADMISSION PROCESS

1. Application is submitted
2. Intake meeting

# PACE Service Delivery Area




**ABI Community Program – serving the GTA**

**ABI Supportive Housing**

**ABI Day Programs**

PACE
LIVE YOUR LIFE

# PACE Independent Living

## Contact Information

For more information contact:

Jackie Wilson at 416.789.7806 ext. 314

Toronto abi Network

PACE
LIVE YOUR LIFE

Toronto abi Network

# Acquired Brain Injury Adult Day Program

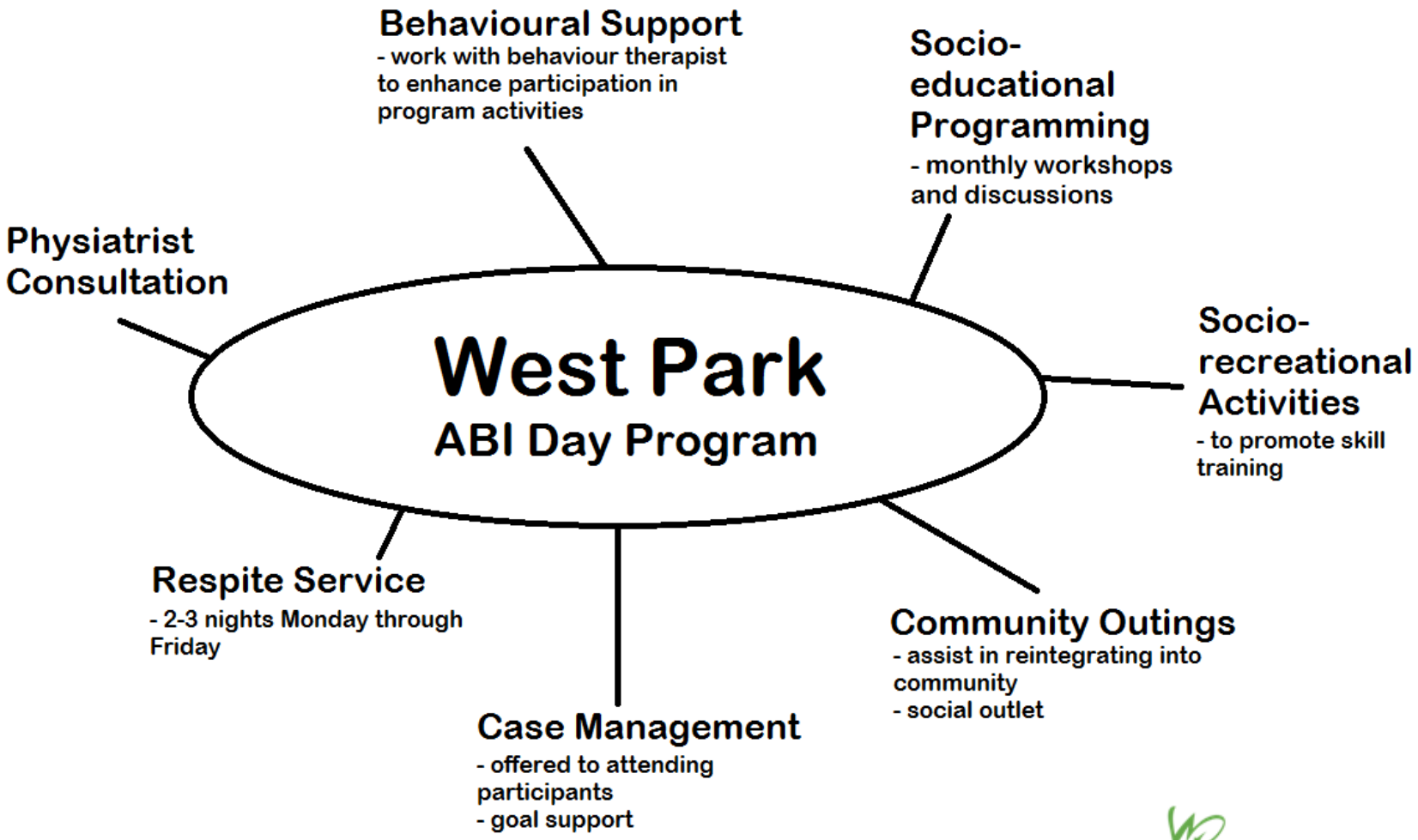
West Park HEALTHCARE CENTRE get your life back

*Mithika Jegasothy*

# About Our Program

- Partnership with West Park Healthcare Centre and Cota
- Team comprised of 2 rehabilitation therapists, case manager, behaviour therapist
- Program runs Monday-Friday 10 – 2:30pm
- Groups comprised of 5-10 participants
- Participants typically attend 1-2 days a week for approximately 6 months before they transition on to other programs or other services related to their goals

# About Our Program




Toronto abi Network

West Park HEALTHCARE CENTRE get your life back

# Geographical Areas Served

The ABI Day Program is not limited to a geographical area; we service the GTA and surrounding areas.

Transportation support to access program may be considered on a case by case basis; discussed during intake meeting.

Toronto abi Network

West Park HEALTHCARE CENTRE get your life back

West Park HEALTHCARE CENTRE get your life back

# Admission Criteria

- Participants with moderate to severe brain injury; age 18 years and older whom are able to actively participate.
- Medically stable with a valid OHIP card and family physician.
- Program supports individuals with challenging behaviours and / or physical disabilities who may require basic support with personal needs. Participants are welcome to attend with support for all other needs.
- Funded by the Toronto Central Health Integration Network (LHIN); there is no charge to attend the program, however participants may occasionally be asked to contribute to outings. Participants bring their own lunch and the program provides a light snack.

Toronto abi Network

# Admission/Discharge Process

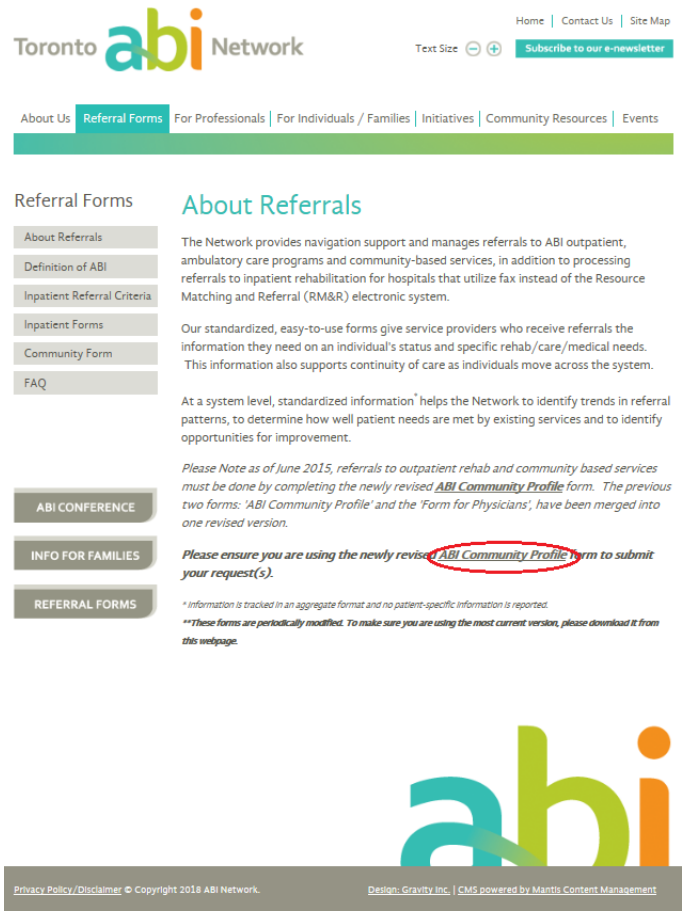
- Current wait time for admission: 1-2 months from the time that the referrals are received

  - admission is based on availability/group size

- Discharge: During the program, our case manager meets with each participant and their family, to help them connect to other community programs before they leave West Park

West Park HEALTHCARE CENTRE get your life back

# REFERRAL PROCESS




Any care giver, professional, or client can make a referral to the ABI Adult Day Program through the Toronto ABI Network:

**Phone: 416-597-3057**

**Fax 416-597-7021**

Email info@abinetwork.ca

**Web www. abinetwork.ca**

Once profile is received, our case manager will be in contact regarding scheduling intake meeting.

Questions?

Kelly Gunnell

(416) 243-3600 ext. 2612

Toronto abi Network

West Park HEALTHCARE CENTRE get your life back

Toronto abi Network

# York Simcoe Brain Injury Services

Mackenzie Health

*Ko Khaira*, *Behaviour Consultant &*
*Alison Lakin*, *Behaviour Consultant*

# YORK SIMCOE BRAIN INJURY SERVICES
# ACQUIRED BRAIN INJURY ADULT DAY PROGRAM
# MACKENZIE HEALTH

## Goals:

- Provide opportunities for social, recreational and skill-building activities within a supportive group environment
- Offering support and respite to families and caregivers
- Activities are developed based on individualized client goals

## Admission Criteria:

- Be 18 years of age or older
- Reside in York Region or South Simcoe
- Have a primary diagnosis of Acquired Brain Injury
- Have a valid Ontario Health Card
- Health status is stable

Toronto abi Network

Mackenzie Health

# Program Components

- Arts & crafts
- Brain Injury Education
- Cognitive activities (Trivia, Sudoku, Word Searches)
- Computers & iPads
- Cooking and baking program
- Discussion groups
- Fitness & exercise (Stretching, Yoga)
- Health & wellness workshops
- Leisure activities (Bocce, bowling, darts, mini-golf)
- Monthly outings (Cooking, Movies, Pottery)
- Social & communication skill building
- Peer Support

## Fee for Service

Daily user fee for programs

Subsidy is available based on Notice of Assessment

## Staff

Behaviour Consultant, Client Care Assistant & Recreation Therapist

## Access to Services

Referrals can be made through York-Simcoe Brain Injury Services and/or Central Local Health Integration Network

# Days & Hours

**Mackenzie Health – Jane/Vaughan Site**
Mondays
9:00 am – 3:30 pm

**Maple Health Centre Site**
Tuesdays & Fridays
9:00 am – 3:30 pm

**Newmarket Health Centre Site**
Mondays & Thursdays
9:00 am – 3:30 pm

**Contact: 905-773-3038 ext. 6200**

Toronto abi Network

Mackenzie Health

Toronto abi Network

## Contact Information

info@abinetwork.ca

416-597-3057


**To receive updates on future events visit:**
**http://www.abinetwork.ca/subscribe**